

Employee Assistance Program (EAP)

The New Hampshire Department of Health and Human Services EAP Lending Library

Index of Topical Resources

- A: Addiction/Significant Others/Co-Dependency**
- B: Bereavement/Loss/Suicide**
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ADDICTION/SIGNIFICANT OTHERS/CO-DEPENDENCY

A10	When I Got Busy I Got Better	Al-Anon Family Groups
A11	Breaking the Cycle of Addiction	O’Gorman/Oliver-Diaz
A12	Adult Children-The Secrets of Dysfunctional Families	John & Linda Friel
A14	Twelve Steps & Twelve Traditions	A.A.W.S. Inc.
A16	Children of Alcoholics	Ackerman
A18	My House is Different	Kathe DiGiovanni
A19	What, When & How to Talk to Children About Alcohol & Other Drugs	Milgram
A20	Codependent’s Guide to the Twelve Steps	Melody Beattie
A21	Codependent’s Guide to the Twelve Steps	Melody Beattie
A22	Loving me Loving You	Brenda Schaeffer
A23	Responsibility Trap (The)	Bepko, Krestan
A25	Codependent No More	Melody Beattie
A26	Codependent No More	Melody Beattie
A27	Marriage on the Rocks: Learning to Live with Yourself and an Alcoholic	Janet Geringer Woititz, Ed.D.
A28	Marriage on the Rocks: Learning to Live with Yourself and an Alcoholic	Janet Geringer Woititz, Ed.D.
A29	Marriage on the Rocks: Learning to Live with Yourself and an Alcoholic	Janet Geringer Woititz, Ed.D.
A30	Marriage on the Rocks: Learning to Live with Yourself and an Alcoholic	Janet Geringer Woititz, Ed.D.
A31	Marriage on the Rocks: Learning to Live with Yourself and an Alcoholic	Janet Geringer Woititz, Ed.D.
A32	How to Be a Loving Caring Person Without Being a Co-dependent	Gloria Woodruff
A32	How to BE a Loving, Caring Person without Being a Co-dependent	Gloria Woodruff
A34	Beyond Codependency - And Getting Better All The Time	Melody Beattie
A35	Awakening in Time	Jacqelyn Small
A36	My Dad’s Definitely Not a Drunk	Elisa Lynn Carbone
A37	Sibs-The Forgotten Family Members	Hull-Mast & Purcell
A38	How Can I Fix This	Recovery Workbook Series
A39	How Can I Fix This	Recovery Workbook Series
A40	How Can I Fix This	Recovery Workbook Series
A41	Families of Alcoholics-A Guide to Healing & Recovery	Anne Marie Nuechterlein
A42	In All Our Affairs	Al-Anon Family Groups
A43	An Adult Child’s Guide to What’s Normal	Friel & Friel
A44	Adult children of Alcoholics	Janet Geringer Wortitz. EdD.
A9	Adult Children of Alcoholics	Tainey

BEREAVEMENT/LOSS/SUICIDE

B1	What Can I Say? How to Help Someone Who is Grieving: A Guide	Kelly Osmont, MSW w/Marilyn McFarlane
B10	Why Suicide	Eric Marcus
B11	Suicide: Why? - 85 Questions & Answers About Suicide	Adina Wroblewski
B12	Last Touch - Preparing for A Parent's Death	Marilyn R. Becker, MSW
B13	A Child Dies: A Portrait of Family Grief	Joan Hagan Arnold, Penelope Buschman Gemma
B16	Final Gifts: Understanding the Special Awareness, Need, and Communication of the Dying	Callanan, Kelley
B17	When Someone You Know is Hurting	M. Gregory Richards
B18	On Death & Dying	Elizabeth Kubler-Ross
B19	Helper's Journey (The)	Dale G. Larson
B2	When Someone Very Special Dies: Children Can Learn to Cope with Grief	Marge Heegaard
B21	Grace and Grit: Spirituality and Healing in the Life and Death of Tryla Killam Wilber	Ken Wilber
B22	Art of Condolence (The)	Leonard Zunin & Hilary Stanton Zunin
B23	Worst Loss (The) - How Families Heal from the Death of a Child	Barbara D. Rosof
B24	When Nothing Makes Sense: Disaster, Crisis and Their Effects on Children	Gerald Deskin Ph.D., Greg Steckler, MA
B25	How to Survive the Loss of a Love	Peter McWilliams, Melba Colgrove & Harold H. Blomfield
B26	A Guide to Understanding Guilt During Bereavement (5)	Robert Baugher, Ph.D.
B27	Surviving Grief and Learning to Live Again	Dr. Catherine M. Sanders
B28	Why Suicide	Eric Marcus
B29	The Mourning Handbook	Helen Fitzgerald
B3	When Something Terrible Happens: Children Can Learn to Cope with Grief	Marge Heegaard
B30	Suicide: Why? - 85 Questions & Answers About Suicide	Adina Wroblewski
B31	Grandpa Doesn't Know Its Me	Donna Guthrie
B32	I Wasn't Ready to Say Goodbye	Brook Noel & Pamela Blair, PhD
B33	Survivor Guilt	Matsakis
B34	How to Survive the Loss of a Love	Bloomfield, Colgrove and McWilliams
B35	Don't Let Death Ruin Your Life	Jill Brooke
B36	Living With Grief: Loss in Later Life	Hospice Foundation of America

B37	Swallowed by a Snake	Thomas R. Golden
B38	Ambiguous Loss – Learning to Live with Unresolved Grief	Pauline Boss
B39	Children and Grief: Big Issues for Little Hearts	Johnette Hartnett
B4	A Guide to Understanding Guilt During Bereavement (5)	Robert Baugher, Ph.D.

B5	A Guide to Understanding Guilt During Bereavement (5)	Robert Baugher, Ph.D.
B6	A Guide to Understanding Guilt During Bereavement (5)	Robert Baugher, Ph.D.
B7	A Guide to Understanding Guilt During Bereavement (5)	Robert Baugher, Ph.D.
B8	Empty Arms - Coping with Miscarriage, Stillbirth & Infant Death	Sherokee Ilse
B9	Lifetimes - The Beautiful Way to Explain Death to Children	Bran Mellonie & Robert Ingpen

CAREGIVING/AGING ISSUES

C10	Under One Roof-Caring for an Aging Parent	Sheelagh McGurn
C11	Loss of Self (The)	Cohen & Eisdorfer
C12	Older & Wiser - A Workbook for Coping with Aging	Nonie Birkedahl, MSW
C16	Nursing Homes-Getting Good Care There	Sarah Burger, Virginia Fraser, Sara Hunt, Barbara Frank
C17	Respecting Your Limits when Caring for Aging Parents	Vivian Greenberg
C18	If I Had My Life to Live Over I Would Pick More Daisies	Sandra Haldeman Martz
C19	Share the Care: How to Organize a Group to Care for Someone Who Is Seriously Ill	Cappy Capossela and Sheila Warnock
C2	Living and Caregiving in New Hampshire	Barbara Salvatore and Wilma Allen
C20	The 36-Hour Day	Nancy L. Mace, MA and Peter V. Rabins, MD, MPH
C3	My Grammy: A Book About Alzheimer's Disease	Marsha Kibbey
C4	Nursing Homes-Getting Good Care There	Sarah Burger, Virginia Fraser, Sara Hunt, Barbara Frank
C5	Caring For Your Aging Parents	Kerri Smith
C6	Long Distance Caregiving	Angela Heath
C7	Confronting Alzheimer's Disease	Anne Kailcki
C8	How to Survive Your Aging Parents	Shulman & Berman
C9	Caregiver's Journey (The) When You Love Someone with AIDS	Pohl, Kay, Toft

DISPUTE RESOLUTION/COMMUNICATION SKILLS

D1	You Can't Say That To Me! Stopping the pain of verbal abuse	Suzette Haden Elgin, Ph.D.
D11	Lost Art of Listening (The)	Michael P. Nichols
D13	Messages - The Communication Skills Book	Matthew McKay, Ph.D., Martha Davis, Ph.D., Patrick Fanning
D15	Listen Up: Hear What's Really Being Said	Jim Dugger
D15	Listen Up: Her What's Really Being Said	Jim Dugger
D17	Eight Essential Steps to Conflict Resolution (The)	Dudley Weeks, Ph.D.
D19	Fifty-One Minutes to Better Communication	Phillip E. Bozek, PhD
D2	Boundaries and Limits	Brian R. Johnson, Ph.D.
D20	Solving People Problems	Bobbi Linkemer
D21	The Assertiveness Workbook	Randy J. Paterson, Ph D
D22	Since Strangling Isn't An Option	Sandra Crow, MA
D23	Nonviolent Communication	Marshall B. Rosenberg, PhD
D24	Your Perfect Right	Alberti & Emmons
D25	How To Deal With Difficult People	Paul Friedman
D26	How To Deal With Difficult People	Paul Friedman
D27	Where to Draw the Line	Anne Katherine, MA
D3	Boundaries and Limits	Brian R. Johnson, Ph.D.
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D4	Boundaries and Limits	Brian R. Johnson, Ph.D.
D4	Boundaries and Limits	Brian R. Johnson, Ph.D
D5	Learning to Say No: Establishing Healthy Boundaries	Carla Wills-Brandon
D7	How to Say No and Keep your Friends: Peer Pressure Reversal for Teens & Preteens	Sharon Scott
D8		
D9	No is a Complete Sentence	Megan LeBoutillier

ESTEEM/SELF CONFIDENCE

E1	Getting Unstuck – A Guide for Breaking Out of Self-Defeating Patterns	Brian Johnson Ph.D.
E10	Letting Go of Shame	Potter-Efron
E12	Self-Esteem - Second Edition	Matthew McKay & Patrick Fanning
E13	Feeling Good: The New Mood Therapy	David D. Burns
E14	Feeling Good: The New Mood Therapy	David D. Burns
E15	Don't Take It Personally: The Art of Dealing with Rejection	Elayne Savage, Ph.D.
E16	How You Feel Is Up to You	Gary McKay & Don Dinkmeyer
E17	Earning Your Own Respect	Thom Rutledge
E18	How You Feel Is Up to You	Gary McKay & Don Dinkmeyer
E19	Healing the Child Within	Charles Whitfield
E2	Getting Unstuck – A Guide for Breaking Out of Self-Defeating Patterns	Brian Johnson Ph.D.
E20	How to Stubbornly Refuse to Make Yourself Miserable about Anything	Albert Ellis, Ph.D.
E21	I Don't Have to Make Everything All Better	Gary Lundberg & Joy Saunders Lundberg
E23	Boundary Power	O'Neil & Newbold
E24	Who Moved My Cheese	Spencer Johnson
E25	Who Moved My Cheese	Spencer Johnson
E26	When Perfect Isn't good Enough	Anthony/Divinson
E27	Life Strategies	Phillip McGraw, PhD
E28	Life Strategies	Phillip McGraw, PhD
E29	What You Can Change: The Complete Guide to Self-Improvement	Martin E. P. Seligman, PhD
E3	Getting Unstuck – A Guide for Breaking Out of Self-Defeating Patterns	Brian Johnson Ph.D.
E30	Who Moved My Cheese	Spencer Johnson
E4	Getting Unstuck – A Guide for Breaking Out of Self-Defeating Patterns	Brian Johnson Ph.D.
E5	Getting Unstuck – A Guide for Breaking Out of Self-Defeating Patterns	Brian Johnson Ph.D.
E6	Getting Unstuck – A Guide for Breaking Out of Self-Defeating Patterns	Brian Johnson Ph.D.
E7	Boundaries - Where You End and I Begin	Anne Katherine
E8	Simple Truth	Thom Rutledge
E9	60-Second Shrink : 101 Strategies for Staying Sane in a Crazy World	Melody Beattie

FINANCIAL

F1	Financial Pamphlets	
F2	Pearl Polto's Easy Guide to Good Credit	Peal B. Polto
F4	Complete Idiot's Guide to Managing Your Money	Robert K Heady & Christy Heady
F5	Divorce and Money	Violet Woodhouse and Dale Fetherling
F6	Money Troubles: Legal Strategies to Cope with your Debts	Attorney Robin Leonard
F7	The Money Trap	Ron Gallen
F8	Why am I Always Broke	Albert Ellis, PhD
F9	Investing for Your Future	NH Cooperative Extension

GAY LESBIAN ISSUES/SEXUALITY

G1	Beyond Acceptance: Parents of Lesbians & Gays Talk About Their Experiences	Carolyn Welch Griffin Marian Wirth & Arthur Wirth
G2	Accepting Ourselves	Sheppard B. Kominars
G3	Is It A Choice? Answers to 300 of the Most Asked Questions about Gays & Lesbians	Eric Marcus
G4	Sex & Human Loving	Masters & Johson
G5	Changing Bodies, Changing Lives	Ruth Bell
G6	Queer Parent's Primer	Stephanie Brill

HEALTH ISSUES

H1	Coping with Chronic Fatigue Syndrome	Fred Firedberg, Ph.D.
H11	The Healthy Heart Handbook for Women	National Institute of Health
H12	An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder	Elke Zuercher-White Ph.D.
H13	The Chronic Illness Workbook	Patricia A. Fennell, MSW
H14	The Chronic Pain Control Workbook	Catalano & Hardin
H15	The Bipolar Disorder Survival Guide	David J. Miklowitz, PhD
H16	Fit for Duty: A Police Officer's Guide to Fitness	Robert Hoffman, Thomas Collingwood
H3	Driven to Distraction - Recognizing & Coping with ADD	Edward M. Hallowell, MD & John Ratey, MD
H4	Love, Medicine & Miracles	Bernie S. Siegel, MD
H5	Peace, Love & Healing	Bernie S. Siegel, MD
H7	Race is Run, One Step at a Time-Every Women's Guide to Taking Charge of Breast Cancer (The)	Brenda Schaeffer
H8	How to Live with Schizophrenia	Abram Hoffer & Humphry Osmond
H9	Seasonal Affective Disorder	Angela Smyth

INNER LIFE

I1	A Little Book of Forgiveness	D. Patrick Willer
I10	Living the Simple Life	Elaine St. James
I12	Each Day a New Beginning : Daily Meditations for Women	Hazelden
I2	101 Simple Ways to Be Good to Yourself	Donna Watson, Ph.D.
I24	Forgiveness - A Bold Choice for Peaceful Heart	Robin Casarjian
I25	Self-Forgiveness Handbook (The)	Thom Rutledge
I26	Self-Forgiveness Handbook (The)	Thom Rutledge
I27	Spirituality of Imperfection	Ernest Kurtz & Katherine Ketcham
I28	Wherever You Go, There You Are	Jon Kabat-Zinn
I29	Wherever You Go, There You Are	Jon Kabat-Zinn
I3	Daily Relaxer (The)	Matthew McKay, Phd. & Patrick Fanning
I30	The Spirituality of Imperfection	Kurtz & Ketcham
I31	The Miracle of Mindfulness	Thich Nhat Hanh
I32	Dynamic Silence: An Introduction to Concentrative Meditation	Arthur S. Hough
I5	Care of the Soul	Thomas Moore
I7	How to Want What You Have	Timothy Miller, Ph.D.
I8	Chop Wood, Carry Water	Fields, Taylor, Weyler, Ingrasci
I9	Doorway to the Soul - How to Have a Profound Spiritual Experience	Ron Scolastico, Ph.D.

JOB/WORKPLACE ISSUES

J1	My Dad Lost His Job (2)	Mary Kalifon
J11	Getting Skilled, Getting Ahead – Your Guide for Choosing a Career and A Private Career School	James Myers, Ph.D and Elizabeth Werner Scott MA
J12	Coping with Workplace Change - Dealing with Loss & Grief	J. Shep Jeffreys, Ed.D.
J13	Dear Job Stressed: Answers for the Overworked, Overwrought & Overwhelmed	Mary Dempcy & Rene Tihista
J15	Toxic Work: How to Overcome Stress, Overload, and Burnout and Revitalize Your Career	Barbara Bailey Reinhold
J16	Occupational Stress	Rick Crandall PhD & Pamela Perreue Ph D
J17	Commuting Stress: Causes, Effects and Methods of Coping	Meni Koslowsky, Avraham N. Kluger and Mordechaie Reich
J18	Common Sense for Uncommon Times: The Power of Balance in Work, Family, and Personal Life	Mark S. Guterman
J19	You Don't Have to Take It - A Women's Guide to Confronting Emotional Abuse at Work	Ginny NiCarthy, Naomi Gottlieb & S. Coffman
J2	My Dad Lost His Job (2)	Mary Kalifon
J20	You Don't Have to Take It - A Women's Guide to Confronting Emotional Abuse at Work	Ginny NiCarthy, Naomi Gottlieb & S. Coffman
J21	Hardball for Women	Pat Heim Ph.D
J22	Addictive Organization (The)	Ann Wilson Schaef & Diane Fassel
J23	How to Disagree Without Being Disagreeable	Suzette Haden Elgin
J24	Corporate Healing	Mary Riley, PH.D.
J25	Crazy Bosses - Spotting Them Serving Them Surviving Them	Stanley Bing
J26	Wellness at Work – Building Resilience to Job Stress	Valerie O'Hara, Ph.D.
J28	How to Manage Your Boss	Roger Fritz
J29	Keeping the Fire: 101 Ways to Beat Burnout	Ruth Luban
J29	Keeping the Fire: 101 Ways to Beat Burnout	Ruth Luban
J3	Mom Doesn't Work There Anymore	Mary Kalifon
J31	Working Relationships: The Simple Truth about Getting Along with Friends and Foes at Work	Bob Wall

J32	201 Ways to Manage Your Time Better	Alan Axelrod and Jim Holtje
J33	Time Management for Busy People	Roberts Roesch
J34	Emotional Intelligence	Hendrie Weisinger PhD
J35	Coping with Difficult Bosses	Robert Bramson, PhD
J36	Healing the Wounds – Overcoming the Trauma of Layoffs ...	David M. Noer
J4	Mom Doesn't Work There Anymore	Mary Kalifon
J5	Handling the Difficult Employee	Marty Brounstein
J6	Men and Women - Partners at Work	George Simons & G. Deborah Weissman
J7	Attacking Absenteeism - Positive Solutions to an Age-Old Problem	Lynn Tylczak
J8	Turning Problem Employees into Successes	Carol Cox Smith
J9	Balancing Home & Career - Skills for Successful Life Management	Pamela J. Conrad

KEY RELATIONSHIPS/COUPLES/DIVORCE

K1	Dinosaurs Divorce - A Guide for Changing Families	Laurene Krasny & Marc Brown
K10	Couple Skills - Making Your Relationship Work	Matthew McKay, Ph.D., Patrick Fanning & Kim Paleg, Ph.D.
K12	Getting the Love You Want - A Guide for Couples	Harville Hendrix, Ph.D.
K13	Surviving the Breakup	Judith Wallerstein & Joan Berlin Kelly
K15	How One of You Can Bring the Two of You Together (2)	Susan Page
K16	Good Marriage (The)	Judith Wallerstein & Sandra Blakeslee
K18	Pro Se Divorce	
K20	After the Breakup	Angela Watrous & Carole Honeychurch
K21	What to Tell the Kids About Your Divorce	Darlene Weyburne, BCD, CSW, ACSW
K22	I Love A Cop-What Police Families Need to Know	Ellen Kirschman, Ph.D.
K23	Stop Controlling Me	Richard Stenack, PhD
K24	Pro Se Divorce	
K25	Pro Se Divorce	
K26	What to Tell the Kids About Your Divorce	Darlene Weyburne
K27	Men Are From Mars, Women Are From Venus	John Gray, PhD
K28	The Dance of Intimacy	Harriet Lerner, PhD
K29	Why Did You Have to Get a Divorce?	Anthony E. Wolf, PhD
K30	Why Did You Have to Get a Divorce?	Anthony E. Wolf, PhD
K31	Dinosaur's Divorce	Laurence Krasney Brown and Marc Brown
K32	Dinosaur's Divorce	Laurence Krasney Brown and Marc Brown
K33	I Love a Cop	Ellen Kirschman, PhD
K35	Cooperative Divorce: How to Survive without Going Bankrupt or Crazy	Caryn Lennon
K3	Coming Apart	Daphne Rose Kingma
K4	Rebuilding When Your Relationship Ends	Dr. Bruce Fisher
K6	Infidelity A Survival Guide	Don-David Lusterman, Ph.D.
K7	Too Good to Leave Too Bad to Stay	Mira Kirshenbaum
K8	Compelled to Control - Why Relationships Break Down and What Makes Them Well	J. Keith Miller
K9	Surviving the Breakup	Judith Wallerstein & Joan Berlin Kelly

MEN'S ISSUES

M1	Being A Man: A Guide to the New Masculinity	Patrick Fanning & Matthew McKay
M10	I Don't Want to Talk About It	Terrence Real
M2	Fathering - Strengthening Connection with your Children	Will Glennon
M3	Father-Son Healing: An Adult Son's Guide	Joseph Ilardo, Ph.D.
M4	Flying Boy (The)	John Lee
M5	Men and Friendship	Stuart Miller
M7	Silent Sons - A Book for and About Men	Dr. Robert J. Ackerman
M8	Wrestling with Love - How Men Struggle with Intimacy	Samuel Osherson, Ph.D.
M9	Wrestling with Love: How Men Struggle with Intimacy	Samuel Osherson, Ph.D.

OTHER ADDICTIONS

O1	How to Quit Smoking Without Gaining Weight	
O10	Smoking – If Only I Could Quit	Karen Casey
O11	Kicking Addictive Habits Once and for All	Dennis Daley
O12	The Hidden Addiction and How to Get Free	Phelps Nourse
O13	Love and Addiction	Stanton Peele, PhD
O14	Is It Love or Is It An Addiction	Brenda Schaeffer
O15	Is It Love or Is It An Addiction	Brenda Schaeffer
O16	Consuming Passions – Help for Compulsive Shoppers	Ellen Mohr Catalano & Nina Sonenberg
O17	Hooked on Exercise	Prussin, Harvey & Digeronimo
O18	Love Addiction	Martha R. Bireda, PhD
O19	Keep Coming Back	Hazelden
O2	Smoking – If Only I Could Quit	Karen Casey
O20	Father Hunger – Fathers, Daughters & Food	Margo Maine, PhD
O21	Feeding the Empty Heart – Adult Children and Compulsive Eating	McFarland, Baker-Baumann
O22	Food Trips and Traps	Jane Claypool, Cheryl D. Nelsen
O23	When Food is Love	Geneen Roth
O24	Anatomy of a Food Addiction	Ann Katherine
O25		
O26	Breaking Free from Compulsive Eating	Geneen Roth
O27	Losing Weight for Good	Lawrence J. Cheskin, MD
O28	The Taming of the Chew	Denise Lamothe, PsyD
O29	Food & Mood: The Complete Guide to Eating Well and Feeling Your Best	Elizabeth Somer, MA, RD
O3	The Smoking Digest	Progress Report
O4	Dangers of Smoking – Benefits of Quitting	American Cancer Society
O5	Twelve Steps for Tobacco Users	
O6	Twelve Steps for Tobacco Users	
O7	Twelve Steps for Tobacco Users	
O8	Out of the Ashes	Peter & Peggy Holmes
O9	Smoking – If Only I Could Quit	Karen Casey

PARENTING

P0	T-Bones Tent	Kate Green
P1	Buddy's Rock Race	Kate Green
P10	Between Brothers & Sisters	Faber, Malish
P11	Liberated Parents, Liberated Children	Faber, Mazlish
P13	Parent in Control	Gregory Bodenhamer
P14	Siblings Without Rivalry	Faber, Mazlish
P15	Get Out of My Life But First Could You Drive Me and Cheryl to the Mall?	Anthony E. Wolfe, Ph.D.
P17	Feed Your Head	Earl Hipp
P18	Miscarriage - A Book for Parents	A Centering Coporation Resource
P2	Everything a Dinosaur Could Want	Kate Green
P26	Between Friends	Kate Green
P27	Difficult Child (The)	Stanley Turecki, M.D.
P28	Parenting Well When You're Depressed	Nicholson, Henry, Clayfield, Phillips
P29	Loving Your Teenage Daughter	Debra Whiting Alexander, PhD
P30	How to Talk So the Kids Will Listen and Listen So Kids Will Talk	Adele Faber and Elaine Mazlish
P31	Try and Make Me	Ray Levy, PhD, Bill O'Hanlon
P32	Get Out of My Life But First Could You Drive Me and Cheryl to the Mall?	Anthony E. Wolfe, Ph.D
P3	Inside Out	Gretchen Vankleef Douthit
P4	Raising Our Children's Children	Deborah Doucette-Dudman
P5	Stepfamily Realities	Margaret Newman
P6	Solo Parenting - Raising Strong & Happy Families	Diane Chambers
P7	How to Win as a Step-Family	Emily B. Visher, Ph.D. and John S. Visher
P8	Grown-Up Children Who Won't Grow Up	Dr. Larry Stockman & Cynthia Graves
P9	Taking Charge of ADHD: The Complete Authoritative Guide for Parents	Russell A. Barkley, Ph.D.

RECOVERY/ADDICTION

R10	Booze Battle (The)	Ruth Maxwell
R11	Understanding the Twelve Steps	Gorski
R12	I'll Quit Tomorrow	Vernon Johnson
R13	When AA Doesn't Work for You: Rational Steps to Quitting Alcohol	Albert Ellis & Emmett Velten
R14	Passages Through Recovery	Gorski
R15	Catching Fire: Men Coming Alive in Recovery	Merle Fossum
R16	Staying Sober	Gorski-Miller
R17	How to Communicate in Sobriety	Luther & Eileen Lord
R19	Creating the Capacity for Attachment	Karen B. Walant
R2	Twelve Steps & Twelve Traditions	A.A.W.S. Inc.
R20	Alcoholics Anonymous (3rd edition)	A.A.W.S. Inc.
R21	Thinking Person's Guide to Sobriety (The)	Bert Pluymen
R22	Keeping Promises-The Challenge of a Sober Parent	Kay Marie Porterfield
R23	Stage II Recovery-Life Beyond Addiction	Ernie Larson
R24	Drugfree	Seymour & Smith
R25	Staying Clean-Living Without Drugs	Hazelden Recovery
R26	Strong Choices, Weak Choices	Rosellini-Worden
R27	Treating Cocaine Dependency	Smith & Wesson K.
R28	800-Cocaine	Mark S. Gold
R29	Marijuana: Time For a Closer Look	Janeczek
R3	Twelve Steps for Everyone Who Really Wants Them (The)	Comp Care Publishers
R30	Alcoholics Anonymous (3rd edition)	A.A.W.S. Inc.
R31	Daily Reflections	Alcoholics Anonymous
R32	Holding Back	Marie Lindquist
R33	Stools and Bottles	Hazelden
R34	Of Course Your Anxious-Healthy Ways to Deal with Worry, Fear & Stress in Recovery	Gayle Rosellini & Mark Worden
R35	Of Course Your Angry-A Guide to Dealing with the Emotions of Chemical Dependency	Gayle Rosellini, Mark Worden
R36	Recovery Book (The)	Mooney MD, Eisenberg & Eisenberg
R37	Recovery Book (The)	Mooney MD, Eisenberg & Eisenberg
R38	The Recovery Book	Mooney MD, Eisenberg & Eisenberg
R39	The Heart of Addiction	Lance Dodes, MD
R4	Natural History of Alcoholism (The)	George Valliant
R42	Relax, Recover: Stress Management of	Patricia Wuertzer & Lucinda

	Recovering People	May
R45	Getting A Life	Dana W.
R5	How to Get Off Drugs	Rolling Stone
R6	A Women's Way Through the Twelve Steps	Stephanie Covington
R7	Small Book (The): Rational Recovery	Jack Trimpey
R8	Young, Sober & Free	Shelly Marshall
R88	Ethics for Addiction Professionals	Bissell-Royce
R89	Recovery Book (The)	Mooney MD, Eisenberg & Eisenberg
R9	Drinking Problem	Keller

SLEEP

S11	Promise of Sleep (The)	William C. Dement, M.D., Ph.D. & Christopher Vaughan
S12	Promise of Sleep (The)	William C. Dement, M.D., Ph.D. & Christopher Vaughan
S13	Promise of Sleep (The)	William C. Dement, M.D., Ph.D. & Christopher Vaughan
S14	Sleep Secrets for Shift Workers & People with Off-Beat Schedules	David Morgan
S15	Sleep Secrets for Shift Workers & People with Off-Beat Schedules	David Morgan
S16	Sleep Secrets for Shift Workers & People with Off-Beat Schedules	David Morgan
S17	Sleep Secrets for Shift Workers & People with Off-Beat Schedules	David Morgan
S18	Sleep Secrets for Shift Workers & People with Off-Beat Schedules	David Morgan
S19	Solve Your Child's Sleep Problems (3)	Richard Ferber, M.D.
S20	Solve Your Child's Sleep Problems (3)	Richard Ferber, M.D.
S21	All I Want Is A Good Night's Sleep (3)	Sonia Ancoli-Israel
S22	All I Want Is A Good Night's Sleep (3)	Sonia Ancoli-Israel
S23	All I Want Is A Good Night's Sleep (3)	Sonia Ancoli-Israel
S24	All I Want Is A Good Night's Sleep (3)	Sonia Ancoli-Israel
S25	All I Want Is A Good Night's Sleep (3)	Sonia Ancoli-Israel
S30	Tired All The Time - How To Regain Your Lost Energy (4)	Ronald L. Hoffman, M.D.
S31	Tired All The Time - How To Regain Your Lost Energy (4)	Ronald L. Hoffman, M.D.
S32	Tired All The Time - How To Regain Your Lost Energy (4)	Ronald L. Hoffman, M.D.
S33	Insomnia - 50 Essential Things to Do (5)	Theresa Foy DiGeronimo
S34	Insomnia - 50 Essential Things to Do (5)	Theresa Foy DiGeronimo
S35	Insomnia - 50 Essential Things to Do (5)	Theresa Foy DiGeronimo
S36	Insomnia - 50 Essential Things to Do (5)	Theresa Foy DiGeronimo
S37	Insomnia - 50 Essential Things to Do (5)	Theresa Foy DiGeronimo
S38	No More Sleepless Nights	Peter Hauri, Ph.D. & Shirley Linde, Ph.D.
S39	No More Sleepless Nights	Peter Hauri, Ph.D. & Shirley Linde, Ph.D.
S40	Complete Idiot's Guide to Getting a Good Night's Sleep (4)	Martin Moore-Ede & Suzanne LeVert
S41	Complete Idiot's Guide to Getting a Good Night's Sleep (4)	Martin Moore-Ede & Suzanne LeVert
S42	Complete Idiot's Guide to Getting a Good Night's Sleep (4)	Martin Moore-Ede & Suzanne LeVert
S43	Complete Idiot's Guide to Getting a Good Night's Sleep (4)	Martin Moore-Ede & Suzanne LeVert

UPSET/WORRY/ANXIETY/DEPRESSION

U1	Anxiety and Worry	Eileen Drilling
U10	Thoughts & Feelings - The Art of Cognitive Stress Intervention	M. McKay, Martha Davis & Patrick Flanning
U11	Transforming Anxiety Transcending Shame	Rex Briggs, MSW
U12	Anxiety & Phobia Workbook	Edmund J. Bourne, Ph.D.
U13	Depression Workbook (The)	Mary Ellen Copeland
U14	Mental Shielding: Stress Reduction Kit	Richard Driscoll
U2	Life Without Fear	Joseph Wolpe & David Wolpe
U20	SOS Help for Emotions	
U21	Loneliness Workbook	Mary Ellen Copeland, MS., MA
U22	When Bad Things Happen to Good People	Harold Kushner
U23	When Bad Things Happen to Good People	Harold Kushner
U24	When Bad Things Happen to Good People	Harold Kushner
U25	Darkness Visible	William Styron
U26	On the Edge of Darkness	Kathy Cronkite
U27	Kicking Your Holiday Stress Habits	Nancy Loving Tubesing, EdD and Donald A. Tubesing, Mdiv, PhD
U28	Adult Bi-Polar Disorders	Mitzi Waltz
U29	New Hope for People With Depression	Marian Broida
U3	Coping with Panic	George A. Clum
U30	Do-It-Yourself Eye Movement Technique for Emotional Healing	Fred Friedberg, PhD
U4	Stress Owner's Manual: Meaning, Balance & Health in Your Life	Ed Boenisch & C. Michele Haney
U5	High on Stress: A Woman's Guide to Optimizing the Stress in Her Life	Simone Ravicz, Ph.D.
U6	Breaking the Patterns of Depression	Michael D. Yapko, Ph.D.
U7	Belonging: A Guide to Overcoming Loneliness	William R. Brassell, Ph.D.
U8	Natural Prozac	Dr. Joel Robertson with Tom Monte
U9	You Mean I Don't Have to Feel This Way	Colette Dowling

VIOLENCE/ANGER MANAGEMENT

V1	Growing Up Male: Identifying Violence in My Life	Paul Kivel
V10	Understanding Victimization	Brian Johnson, Ph.D.
V12	Into the Light – A Guide for Battered Women (2)	Leslie Cantrell
V14	Into the Light – A Guide for Battered Women (2)	Leslie Cantrell
V16	It's Not OK Anymore	Enns/Black
V19	Men's Work -To Stop Male Violence	Paul Kivel
V2	When Mommy Got Hurt	Ilene Lee & Kathy Sylvester
V20	Violent Voices	Kay Porterfield
V22	Dance of Anger (The)	Harriet Goldhor Lerner
V23	Children of Trauma	Jane Middleton-Moz
V24	When Your Child Has Been Molested	Kathryn B. Hagans, Joyce Case
V25	Healing Way-Adult Recovery From Childhood Sexual Abuse (The)	Kristin Kunzman
V26	Healing Way-Adult Recovery From Childhood Sexual Abuse (The)	Kristin Kunzman
V27	Singing Bird Will Come (The)	Dionne blaha
V28	Strong at the Broken Places-Overcoming the Trauma of Childhood Abuse	Linda Sanford
V29	Growing Through the Pain	Anonymous
V3	Becoming Whole: Learning New Roles, Making New Choices	Paul Kivel
V30	Abused Boys	Mic Hunter
V33	When Anger Hurts: Quietening the Storm Within	Matthew McKay, Peter D. Rogers, Judith McKay
V34	Anger	Thich Nhat Hanh
V4	Understanding Victimization	Brian Johnson, Ph.D.
V5	Understanding Victimization	Brian Johnson, Ph.D.
V6	Understanding Victimization	Brian Johnson, Ph.D.
V7	Understanding Victimization	Brian Johnson, Ph.D.
V8	Understanding Victimization	Brian Johnson, Ph.D.
V9	Understanding Victimization	Brian Johnson, Ph.D.

WOMEN'S ISSUES

W2	Drawing From the Women's Well	John C. Borton
W3	In a Different Voice	Carol Gilligan
W4	Dance of Deception (The)	Harriet Goldhor Lerner
W5	Attractive Women	Harrison & Stewart-Roache
W6	Taking Charge of Menopause Workbook	Robert Dosh, Susan Fukushima, Jane Lewis, Robert Ross & Lynne Steinman
W7	The New Our Bodies, Ourselves	Boston Women's Health Book Collection
W8	Hormones, Hot Flashes and Mood Swings	Clark Gillespie, MD

AUDIO CASSETTES

	Name	Au
	Attitudes	Fat
	Audio/Visual handouts - "The Phases and Warning Signs of Relapse"	Gor
	Classical Daydreams	Tim
	Counseling & Referral	Fat
	Don't Talk, Don't Trust, Don't Feel	Cla
	Grief Meditation (3)	Ste
	A Guided Meditation on Forgiveness (3)	Ste
	A Guided Meditation on Mindfulness of Process (3)	Ste
	Identification	Fat
	It Will Never Happen to Me	Cla
	Musical Massage: Music for Mellow Minds	Jan
	Soft Belly Meditation	Ste
	The Adult Child	Cla
	The Progression of Roles	Cla
	The Red Road	Bro
	Treatment	Fat
	Road to Recovery	Zig
	Wake Up (10)	AA

PAMPHLET STYLE BOOKS

	<u>Name</u>	<u>Author</u>
	A Caregivers Guide to Nutrition & Feeding	Alzheimer s Association
	A Look at Relapse	Charles W. Crewe
	African Americans in Treatment	Tommie Richardson , Brenda Williams
	Alcoholism: A Family Illness	Betty Reddy
	Alternatives to Drug Abuse	Wisconsin Clearingho use
	Anger-Discover Your Personal Power to Change	A. Jack Hafner
	Behind the Veil of Silence	Rainbolt and Greene
	Can I Help Her	Joan Spear
	Can I Help Him	Bill Mease
	Can I Trust My Memory	Joan Spear
	Childhood Sexual Abuse; A Survivor's Guide for Men	Nice & Forrest
	Choosing a Nursing Home for the Person with Intellectual Loss	Burke Rehab Center
	Compulsive Overeaters 12 Steps	Hazelden
	Denial	Melody Beatttie
	Depression	Tim Sheehan, Ph.D.
	Detachment: Recovery for Family Members	Reddy, McElfresh
	Documentation Guide	Alzheimers Association
	Drug & The Body	Christina Dye
	Drug Proofing the Family	Erica Wittenberg
	Drug Wise	Jim Parker

	DRUGS Information for Crisis Treatment	Matthew M. Lampe
	Drugs of Abuse	Samuel Irwin, Ph.D.
	Enabling in the Health Professions	Johnson Institute
	Enabling in the Workplace	Johnson Institute
	Facts About Alcohol & Alcoholism	Wisconsin Clearinghouse
	Grieving-A Healing Process	Peter C. McDonald
	Healing from Childhood Sexual Abuse - A Recovering Women's Guide	Kristin A. Kunzman
	Helping Families Face Alzheimer's: A Guide for Clergy	Alzheimer's
	Home Care with the Alzheimer Patient	Alzheimer's
	Home Management of the Person with Intellectual Loss	Elizabeth Lincoln
	How Al-Anon Works - for Families & Friends of Alcoholics	Al-Anon
	How Can I Fix Things - Recovery Workbook	Hazelden
	How Can I Talk with My Family	Joan Spear
	Intimacy	Marilyn Mason
	King Baby	Tom Cunningham
	Managing Grief & Bereavement	Duke University Medical Center
	Mistaken Beliefs about Relapse	Gorski & Miller
	Mood - Altering Chemicals	Wisconsin Clearinghouse
	Perfectionism	Eileen Drilling, LP
	Recovery	Johnson Institute

	RESEARCH-Cocaine: Pharmacology, Effects and Treatment of Abuse	NIDA
	Selecting a Nursing Home with a Dedicated Dementia Care Unit	Alzheimer's
	Sexual Abuse - A Survivor's Guide for Men	Nice & Fores
	Sexual Intimacy & The Alcoholic Relationship	Al-Anon
	Special Care for Alzheimer Patients	Alzheimer's
	Steps to Choosing a Physician	Alzheimers Association
	Steps to Finding Home Care	Alzheimers Association
	Steps to Selecting Activities for the Person with Alzheimers	Alzheimers Association
	Steps Toward Prevention	
	Supervisors and Managers as Enablers	Brenda Blair, MBA
	Surviving Grief & Learning to Live Again	Dr. Catherine M. Sanders
	The Act of Surrender in the Therapeutic Process (Series) Homeward Bound	Al-Anon
	The Benefits of Telling Your Story	Jeff B.
	The Dry Drunk Revisited	R.J. Solberg
	The Dry Drunk Syndrome	R.J. Solberg
	The EGO Factors in Surrender in Alcoholism	Harry Tiebout, MD
	When I Got Busy, I Got Better (3)	Al-Anon Family Groups

VIDEOS

Code	Name	Author
	Dryden File II (24 min)	Motivision, Ltd.
	The Drugs Part II	Kinetic Inc.
	The Effects Part I	Kinetic Inc.
	Detachment	Kelly Productions
	Chalk Talk - Revised	Kelly Productions
	Continuing Recovery Skills	James L. Crossen, Ph.D.
	Dual Disorders/Family Treatment	DAPA Orientation Video
	EAP at Your Services	
	EAP at Your Services and Dryden File II	
	Employee Assistance Program	EAP
	Enough is Enough	
	Feelings	Kelly Productions
	Hope for Compulsive Eaters - Part 1	Judi Hollis, Ph.D.
	Hope for Compulsive Eaters - Part 2	Judi Hollis, Ph.D.
	It's Your Move	Hazelden
	Just a Little Problem	FLI Learning Problems
	Loui Anderson	Loui Anderson
	Meg Green's Financial Workout	Meg Green
	Not Another STRESS Workshop	Douglas W. Jones, Jr.
	Relapse	Kelly Productions
	Smoking "In Control" Set	American Lung Association
	Symptoms of Sobriety	Kelly Productions
	Who Needs It?	Hazelden
	Women's Treatment Issues	NCADI Videotape
	Women's Bodies, Women's Minds	
A2	Parents - Silence Condone	Kelly Productions
A3	SHAME	Claudia Black
A4	Enabling	Kelly Productions
A5	Recovery and the Family	Kelly Productions
A6	Compulsive Relationships (#1)	Claudia Black & Terri
A8	Relationship Building (Addictive Relationships)	Claudia Black & Terri
A7	Relationship Styles (Addictive Relationships)	Claudia Black & Terri
K34	How to Have Happy Healthy Relationships	Denise Dudley, PhD
P19	How to Talk so Kids Will Listen	Adele Faber & Elaine
P20	How to Talk so Kids Will Listen	Adele Faber & Elaine Mali
P21	How to Talk so Kids Will Listen	Adele Faber & Elaine Mali
P22	How to Talk so Kids Will Listen	Adele Faber & Elaine Mali

Code	Name	Author
P23	How to Talk so Kids Will Listen	Adele Faber & Elaine Mali
P24	How to Talk so Kids Will Listen	Adele Faber & Elaine Mali
P25	How to Talk so Kids Will Listen	Adele Faber & Elaine Mali
R55	The Haight –Ashbury Cocaine Film	Cinemed
R56	The Twenty Questions with George Kennedy	Motivational Media
R57	Getting Help - Edited Version Tape 2	National Clearinghouse
R58	Guidelines for Helping Alcoholics	Father Martin
R60	Prevention	Kelly Productions
R61	Alcohol	Kelly Productions
R62	Symptoms of Alcoholism	
R63	Humor in Recovery	Kelly Productions
R64	Gratitude	Kelly Productions
R65	Values	Kelly Productions
R66	Step Two of AA	Kelly Productions
R67	Step Three of AA	Kelly Productions
R68	Step Four of AA	Kelly Productions
R69	One Day At A Time	Kelly Productions
R69	Step Five of AA	Kelly Productions
R70	Step One of AA	Kelly Productions
R71	Opportunity to Influence	Kelly Productions
R72	Spiritual Aspects of Alcoholism	Kelly Productions
R73	Going Home	Kelly Productions
R74	The Right Triangle	Kelly Productions
R75	Students - Your Choice	Kelly Productions
R76	The Twelfth Step	Kelly Productions
S45	Day/Night Strategies for Shift Workers (4)	National Sleep Foundation
S46	Day/Night Strategies for Shift Workers (4)	National Sleep Foundation
S47	Day/Night Strategies for Shift Workers (4)	National Sleep Foundation
S48	Heads Up At the Wheel: Home Safe	National Sleep Foundation
S49	Driver Fatigue: Deadly Slumber	National Sleep Foundation
S50	Day/Night Strategies for Shift Workers (4)	National Sleep Foundation
U15	Stress Management for Professionals	Roger Mellott
U16	Stress Management for Professionals	Roger Mellott
V31	Anger/Fear	Copied
V32	PTSD: Beyond Survival	Kevin Becker Psy.D.